

PHYSICIAN DIAGNOSTIC POLYSOMNOGRAPHY INTERPRETATION

Note: Your diagnosis and treatment place will be determined by the AHI criteria that your insurance carrier accepts.
Insurance Carrier(s): AETNA

Patients name:			Study Date: 10/20/2024		DOB: 29 year
Referring Provider:			MRN: 7948202		Sex: Male
Reading Provider:			Follow up provider:		
Date of initial visit: 8/15/2024			Follow up date: Recall List		
Recording Tech:			Scored by:		
			Final Score Date: 10/24/2024		
Weight: 163.0 lbs	Height: 5' 11"	BMI: 22.8	O2 use: N/A		
P.M. BP: 134/75	A.M. BP: 122/56	Neck: 15"	Bed# 4	Epworth: 12	FOSQ 10: 19
Indication for study: Witnessed episode of apnea, Excessive daytime sleepiness, Dream enactment behavior, History of somnambulism, Sleep talking, History of multiple concussions, recurrent nocturnal awakening, Morning headache, Gasping for breath, Attention and concentration deficit, Non-restorative sleep					
Medications: Adderal, Lovasa					
Past medical history: ADHD, Anxiety, Depression.					
BASELINES: Oxygen saturation: 94%		Heart rate: 54		Resp Rate: 16	ETCO2: N/A

Physician findings: The patient spent 484.9 minutes in bed for a total sleep time of 361.0 minutes, yielding a sleep efficiency of 74.4% percent. Sleep latency was 43.2 minutes and Stage R latency was 65.5 minutes. Wake after sleep onset (WASO) time was 80.5 minutes. The sleep architecture demonstrated 6.9% of stage 1 sleep, 53.2% of stage 2 sleep, 27.1% of stage 3 sleep and 12.7% percent of Stage R sleep.

Respiratory data showed a total of 0 obstructive apnea(s), 38 hypopnea(s) (38 associated with a $\geq 3\%$ desaturation and/or Arousal; 3 associated with a $\geq 4\%$ desaturation), 0 central apnea(s) and 0 mixed apnea(s).

RERA index was 0.

Apnea-hypopnea Index ($\geq 3\%$ desaturation and/or Ar.) was 6.3 per hour, with a supine index of 7.1 and a non-supine index of 5.1. Stage R sleep AHI was 13.0 per hour.

Apnea-hypopnea Index ($\geq 4\%$ desaturation) was 0.5 per hour, with a supine index of 0.5 and a non-supine index of 0.4. Stage R sleep AHI was 1.3 per hour.

Central Apnea-Central Hypopnea index was 1.3 per hour. **Central Apnea Index** was 0/hr.

Oximetry data showed 0.0 minutes below 89% with the lowest saturation being 91.0%. The patient's baseline saturation was 94%

Periodic Leg Movement index was 4.8 per hour with an associated arousal index of 0.8 per hour.

EEG: No seizures noted.

ECG: No significant arrhythmias noted.

An epoch-by-epoch review of this study was conducted with this interpretation.

IMPRESSION:

1. Mild OSA
2. Decreased sleep efficiency with prolonged sleep latency
3. Decreased stage R sleep
4. Hypersomnolence

RECOMMENDATIONS:

Name:

Study Date: 10/20/2024

Proceed with a repeat polysomnography for positive airway pressure (PAP) titration with plans to start the patient on PAP therapy.

Avoid driving if sleepy.

The patient should follow-up in clinic to ensure adequate compliance, to assess the response to PAP therapy and for further evaluation with the results of this study.

, MD, FCCP
Board Certified in Sleep Medicine by the ABIM and ABSM
(This document was electronically signed)

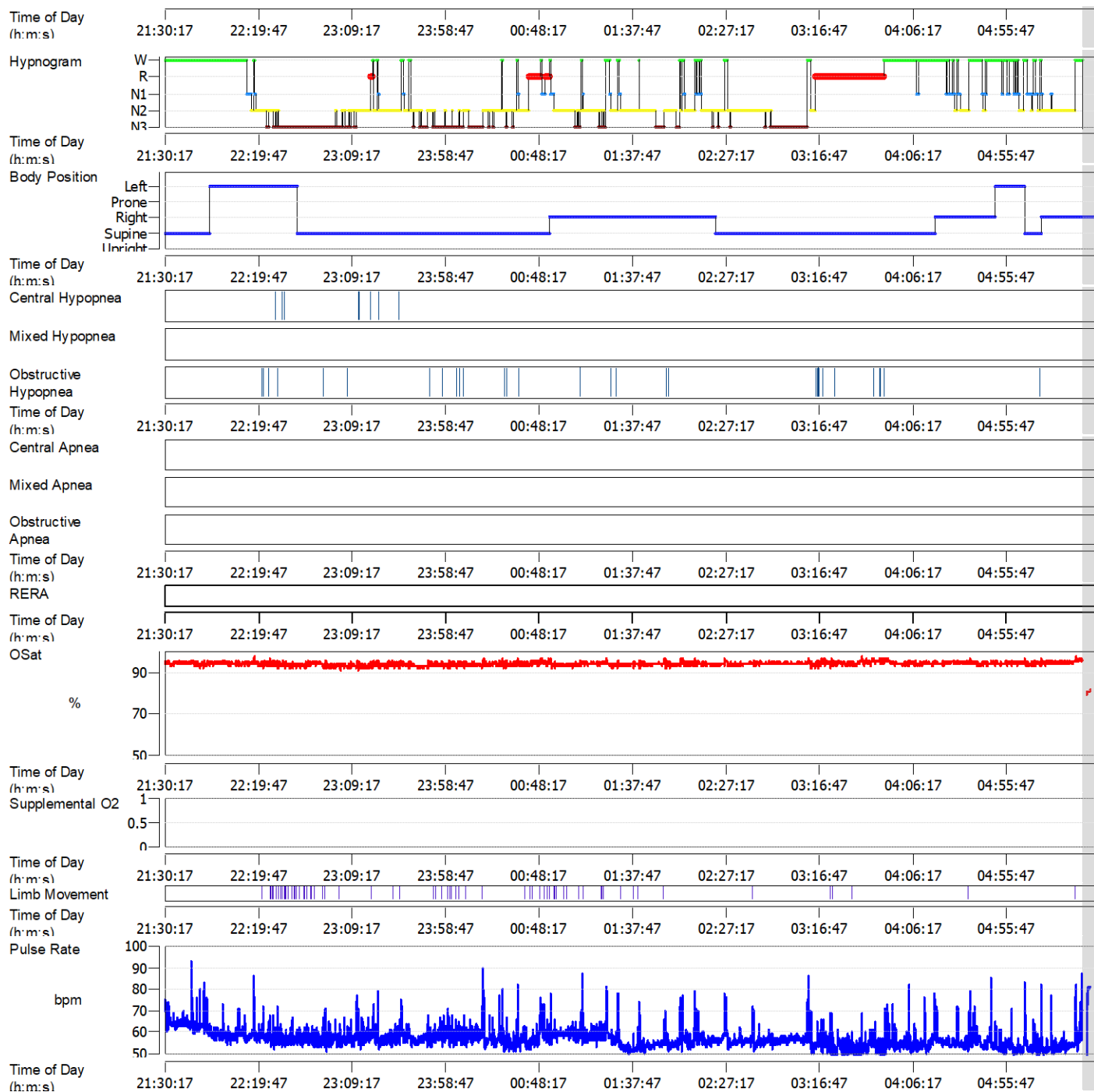
Date: 10-26-2024

DIAGNOSTIC POLYSOMNOGRAPHY TECHNICAL DETAILED DATA RESULTS

Sleep Parameters			Cardiac Parameters				
	Minutes	% Sleep Time	Avg. Pulse Rate During Sleep	55.9			
Time in Bed (TRT)	484.9		Min. Pulse Rate During Sleep	47.0			
Total Sleep Time (TST)	361.0		Highest Pulse Rate During Sleep	90.0			
Stage N1	25.0	6.9%	Highest Pulse Rate During Recording	93.0			
Stage N2	192.0	53.2%	Arousal Summary				
Stage N3	98.0	27.1%	Total Number of Awakenings	36			
Stage R	46.0	12.7%	Number of Spontaneous Arousals	34			
Wake After Sleep Onset		80.5 min.	Number of Snore Arousals	11			
Lights Out Clock Time		09:30:19 PM	Number of Respiratory Arousals	20			
Lights On Clock Time		05:35:16 AM	Total Number of Arousals	89			
Sleep Latency		43.2 min.	Arousal Index	14.8/hr.			
Stage R Latency		65.5 min.	Periodic Limb Movement Summary				
Sleep Efficiency		74.4%	Number of PLMS	29			
			Number of PLMS with arousals	5			
			PLM Index	4.8/hr.			
			PLM Arousal Index	0.8/hr.			
Respiratory Parameters							
		Stage R	NREM	Total			
Number of Respiratory Effort-Related Arousals (RERAs)		0	0	0			
Number of Respiratory Effort-Related Arousal Index				0			
Number of Obstructive Apneas		0	0	0			
Number of Mixed Apneas		0	0	0			
Number of Central Apneas		0	0	0			
Cheyne Stokes Breathing Events (% of TST)				0.0%			
Longest Apnea				- sec.			
Apnea Index				0/hr.			
Number of Obstructive Hypopneas		10	20	30			
Number of Central Hypopneas		0	8	8			
Hypopnea Index				6.3/hr.			
Number of Apneas + Hypopneas (≥3% desaturation and/or Ar.)				38			
Apnea / Hypopnea Index (≥3% desaturation and/or Ar.)		13.0/hr.	5.3/hr.	6.3/hr.			
Number of Apneas + Hypopneas (≥4% desaturation)				3			
Apnea / Hypopnea Index (≥4% desaturation)		1.3/hr.	0.4/hr.	0.5/hr.			
Central Apnea / Central Hypopneas Index Total				1.3/hr.			
Central Apnea Index Total				0/hr.			
Oxygen Desaturation Index				3.7/hr.			
Sleep Time SpO2 < 89% (minutes)				0.0			
Lowest O2 Saturation		92.0%	91.0%				
Respiratory Events Index (/hr) by Position (sleep time)							
	Obstructive	Mixed	Central	Hypopnea (3%)	AHI (3%)	Hypopnea (4%)	AHI (4%)
Back	0	0	0	26	7.1	2	0.5
Left	0	0	0	7	13.3	1	1.9
Right	0	0	0	5	2.8	0	-
Front	0	0	0	0	0	0	-
Total	0	0	0	38	6.3	3	0.5

Oximetry By Sleep and Position					
	Stage R Back	Stage R Non-Back	Non-REM Back	Non-REM Non-Back	Sleep Time
Lowest SaO2 (%)	92.0%	0	91.0%	92.0%	91.0%
Average SaO2 (%)	94.7%	0	93.8%	94.1%	94.0%
SaO2 Table					
Saturation Levels			Minutes		
Time Below 95%			279.8		
Time Below 89%			0.0		
Time Below 85%			0.0		
Time Below 80%			0.0		
Time Below 75%			0.0		
Oxygen Saturation Summary					
Mean SaO2			94.0%		
Percentage SaO2 <90% “T90”			0.0%		

Supplemental O2 Table													
O2 Level	Time (min)	TST (min)	OA#	CA#	MA#	Hyp# (3%)	AHI (3%)	Hyp# (4%)	AHI (4%)	RERA	RDI	Min SpO ₂	SpO ₂ ≤88% (min)
0	485.5	361.0	0	0	0	38	6.3	3	0.5	0	6.3	91.0	0.0



PARAMETERS MONITORED: EEG, EOG, ECG, EMG (Chin), Right and Left Leg Motion, Nasal/Oral Airflow, Nasal Pressure, Respiratory Effort, Snoring Sensor, O2 Saturation.

Scoring Criteria: All scoring follows the most current version of the AASM scoring manual.

Apnea: Cessation of airflow with a minimum duration of 10 seconds.

Hypopnea (3%): A greater than 30% reduction in nasal pressure for 90% of duration. A minimum duration of 10 seconds with an associated desaturation of 3% or greater and/or Arousal.

Hypopnea (4%): A greater than 30% reduction in nasal pressure for 90% of duration. A minimum duration of 10 seconds with an associated desaturation of 4% or greater.

Cheyne-Stokes Breathing: Episodes of ≥ 3 consecutive central apneas and/or central hypopneas separated by a crescendo and decrescendo change in breathing amplitude with a cycle length of ≥ 40 seconds AND ≥ 5 central apneas and/or central hypopneas per hour of sleep associated with the crescendo/decrescendo breathing pattern recorded over ≥ 2 hours of monitoring.

Oximeter Sampling Rate: 1/sec.

Arousals: (EEG) A shift in EEG frequency from sleep stage lasting 3 seconds or longer.

RERA: A gradual reduction in breathing pattern which results in an arousal, but with no desaturation or a desaturation of $<4\%$.